

Content of the Learning Teaching Training (LTT) activity

44 hours divided into 20 hours virtual + 24 hours face-to-face

Pre-training activity (10 hours)

Content	Duration	Facilitator	Type	Resources
Online kick-off for the mentors (presenting the project (project team, results etc). Short presentation of the workbook Draft of the program for the training session in Helsinki	2 h	UNITBV + DIAK	Synchronous	Teams/Zoom session, breakout rooms, discussion
Preparing the presentation of the institutions they represent <ul style="list-style-type: none"> • Who we are? • What is your background with digital well-being? • What are your expectations for the training? • Digital challenges at your campus? 	4h	Individual/ group	Asynchronous	Teams, project website
Self-assessment of digital competence (from the Booklet) + offering feedback about the tool	2h	Self-learning activities	Asynchronous	Booklet
Reflection about the content of the Workbook	2h	Self-learning activities	Asynchronous	Workbook

LT TA Day 1 Face to face (8 hours)

Content	Duration	Facilitator	Resources	Comments
Presentation of institutions Who we are?	2h	All		
What is well-being and digital well-being for you?	3h	DIAK	https://www.mural.co/	Discussions about the content, how to improve the workbook and booklet Co-creating process
What do you think technostress means?		UNITBV		
Results of the quantitative studies – what do researchers say well-being is? Interpretation of the results for each country	3h	UNITBV	R1. Research report – quantitative study	Presentation of the results Discussion and interpretation of the results
Feedback				

LT TA Day 2 Face-to-face (8 hours)

Content	Duration	Facilitator	Resources	Comments
Why mentoring? What is mentoring (as understood in each organization)? group activity, institution-based groups	3h	VID	Expertise of VID colleagues as mentors	Presentation and group activity
What digitalization means for HEI? Discussion: What are the challenges of digitalization for you? (group activity, mixed groups)	2h	VID + DIAK	Presentation based on R2. Workbook content	Presentation Followed by group activity
Good practices about using different tools. Good practices from the point of view of digital well-being.	3h	VID	Good practices, case studies etc.	
Feedback				

LTTA Day 3 Face-to-face (8 hours)

Content	Duration	Facilitator	Resources	Comments
What to do next as a mentor? Challenges and practical implications	3h	UNITBV & DIAK	Presentations of each university	Local implementation
Introduction to e-Learning platform	1h	THWS		
What will help you to be a successful mentor in digital wellbeing?	3 h	DIAK	Earlier session on sharing good practices (by Eirin)	A wellbeing expert from DIAK invited to join
Planning the next steps Feedback	1 h		Agenda of the following online synchronous meeting	

Follow-up & asynchronous work of mentors (10 hours)

Content	Duration	Facilitator	Type	Resources
Preparing the mentors for the interaction with the mentees How to recruit mentees	2 h	DIAK + UNITBV	Synchronous	Teams/Zoom session, breakout rooms, discussion
Prepare and analyze resources to use for the mentoring program	8h	Individual/ group	Asynchronous	Teams, project website, project results
Reflection about the mentoring program Final evaluation and future implementation steps	2h	Self-learning activities	Synchronous	Teams/Zoom session, breakout rooms, discussion